



## **Statistics Report 20083, Wheat flour, white, bread, enriched**

**Report Date: June 26, 2017 18:29 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	13.36	67	0.104	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	361	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1510	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	11.98	65	0.095	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	1.66	--	0.038	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.47	65	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	72.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	20081	09/2002

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	15	163	0.476	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Magnesium, Mg	mg	25	160	0.450	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	97	--	2.621	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	100	81	2.509	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	2	74	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.85	177	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.182	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.792	55	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	39.7	--	4.335	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.812	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.512	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	7.554	--	0.676	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.438	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.037	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total <sup>1</sup>	μg	183	--	1.000	182	185	2.0	178.697	187.303	1	Analytical or derived from analytical	--	05/2002
Folic acid <sup>1</sup>	μg	150	--	2.333	146	154	2.0	140.294	160.373	1	Analytical or derived from analytical	--	05/2002
Folate, food <sup>1</sup>	μg	33	--	2.404	28	36	2.0	22.324	43.009	1	Analytical or derived from analytical	--	05/2002
Folate, DFE	μg	288	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	10.4	--	--	--	--	--	--	--	--	Calculated or imputed	20081	12/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE <sup>1</sup>	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta <sup>1</sup>	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Carotene, alpha <sup>1</sup>	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta <sup>1</sup>	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin A, IU <sup>1</sup>	IU	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Lycopene <sup>1</sup>	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Lutein + zeaxanthin <sup>1</sup>	µg	79	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.40	--	--	0.32	0.48	1.0	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.20	--	--	0.2	0.2	--	--	--	1	Analytical or derived from analytical	--	05/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma <sup>1</sup>	mg	1.44	--	--	1.32	1.56	1.0	--	--	1	Analytical or derived from analytical	--	05/2002
Tocopherol, delta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	20081	09/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.244	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.001	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.218	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.010	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.005	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.135	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.727	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.685	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.043	79	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.444	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.828	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	4.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	1.409	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD